

### **Extensions**

Hold the dumbbell over your head and lower the weight behind your neck.



Extend the arms over your head, then lower the weight back to the starting position.



## ***ABDOMINAL EXERCISES***

### **Machine crunches**

Most importantly, ensure proper adjustment of the machine for your height. Legs should be at a 90° angle and your head should be on the headrest.



Grip the handles and squeeze your abdominals. Keep the weights light and the reps high, and work to fatigue.

